

BOY 6 FEET TALL AT 16, KILLED BY HIS GROWTH, PREDICTED OWN DEATH

The death of sixteen-year-old William Warren Chambers in Newark from too rapid growth brought out the fact that he had some of the prophecies as well as of humor.

"Well, if I don't return to High School on the opening day, it's up to the undertakers," he said, the day before his death.

"One of his jokes," said a nurse in the Homeopathic Hospital, but it proved more prophecy than joke.

For two weeks the boy had been a favorite with the nurses because of his cheerfulness and wit. To the doctors he was of more interest because within a few months his bone muscle tissue had grown until he was several inches taller and had passed the six-foot mark. Nothing apparently could check his growth.

but it was not until two weeks ago that it critically affected his health. Dr. William H. Cooke of No. 10 Essex Street, East Orange, N. J., diagnosing the death as hemorrhage of all the boy's organs and blood turning to water. He admits that the case, though not unknown, is a rare and mysterious one.

Mrs. Chambers, the boy's mother, said today:

"Last December I first noticed that Warren was growing weak and languid. Instead of participating in his athletic games as he had previously done, he seemed always tired, but until two weeks before his death I did not believe his condition to be serious.

"Then we found it necessary to place him in Dr. Cooke's hands, who took him to the hospital. I underwent an operation in order that my blood might be transfused into his, and my mother also gave her blood in an effort to save the boy's life—but all to no purpose.

"At the hospital Warren was cheerful and optimistic. He was particularly interested in my picture, saying in explanation, 'My sweetheart!' He was the youngest member of the Junior Mechanics in the State of New Jersey, was a choir boy in Christ Church and belonged to the Boy Scouts."

HOME GYMNASIUM FOR WOMEN

To Preserve Health, Strength
and Figure

BY PAULINE FURLONG

A New Series of Illustrated Lessons, Showing How
Every Woman May Have an Inexpensively
Equipped Gymnasium in Her Own Home.

NO. 15—BAG PUNCHING.



PUNCHING BAG

Bag punching is an art which is hard to master, but always beneficial after you have done so. The ball which I first showed to you on Monday is illustrated again to-day, and we shall make it into a punching bag by sewing it into a stout, tight-fitting cover, with canvas or folded cloth strips firmly sewed on each end as loops. Into each of these loops we tie the strips or cords of stout elastic, the other ends of which can be fastened to screw-eyes turned into the top and bottom of a door frame. The bag should hang tautly suspended there.

You may hit the punching bag with the elbow, fists or knees, but in the latter case the bag must be fastened to the floor by a swivel.

BAG PUNCHING REDUCES FAT ON SHOULDER BLADES.

Every woman who values her health and figure should practice bag punching. It is the one art which is taught in all of the professional gymnasia and institutions where men and women are treated for obesity. It is the best exercise for the heavy fat on the shoulder blades, upper arms and back of the neck.

One beneficial movement in the bag punching practice is called the tattoo. The bag is struck with first one fist and then the other very rapidly. Do not reach over to hit the bag, but allow it to return to the position it rested in when still. Another movement is the graceful elbow and fist exercise, also of great benefit to the shoulders and upper arms. Strike the bag with first the elbow and then the fist. Alternate with each arm.

Still another effective movement is performed by hitting the bag a hard blow with the right fist, and then as it bounces back strike it again with the left fist. This is a more strenuous exercise, and like the others a great arm and shoulder muscle developer. The exercises described to-day are the simplest ones with the punching bag, and I have chosen these because

they can be easily mastered without the aid of a professional instructor. Belle Gordon, the champion woman bag puncher, and a beautifully formed woman, says of the punching bag: "There is no reason why men should entirely usurp the field of physical culture, which during the past few years has grown to such vast proportions. Every normal woman has it in her power to develop a perfect figure and there is absolutely no excuse for the crime of obesity."

A few minutes a day with the punching bag will work wonders. Exercise in loose clothing so as to allow perfect freedom of movement, and in assuming the different positions keep the muscles tense and rigid. It is not the attitude which develops so much as the strain placed upon the part of the muscular system which is brought into play by that particular movement.

The bag punching exercises bring many muscled besides the ones mentioned into play, make the eye alert and the step light and elastic.

To-morrow I will illustrate and explain to you how you may get all the benefits of the basket ball game right in your own home.

Readers of Miss Furlong's articles are invited to write to her, in care of The Evening World, requesting information that will aid them in following her illustrated lessons.

Letters From Evening World Readers Following Miss Furlong's Lessons.

MARIE B. writes—"I am five feet seven and want to know if there is any way I can increase my height." The average height for a woman is from five feet four to five feet six inches. You are already exceeding this. Why grow taller?

MRS. G. T. H. (Denver) asks—"Please tell me how to make the alum solution for reducing the bust?"

Nothing but exercise and diet will reduce the bust. Alum solution is an astringent and will harden it. Use the solution very cold. It is not necessary to rub it in, just put it on with a soft cloth. Take several tablespoonfuls of powdered alum and place it in a milk bottle or wide-mouthed jar. Pour over it one pint of hot water and let stand twenty-four hours. Stir or shake it often during this time and then strain through gauze. Do not stir up what has settled in the bottom of the bottle in the morning, and only use the clear part. The water will only "take up" so much, and this will be strong enough. Most exercises which bring the arms up over the shoulders and head will remove fat from the breast and shoulder blades. The wand or dumb-bells are best to use, and hold them tense. The fat will gradually leave the breast as you lose weight all over the body.

EDITH M. (Cleveland) writes—"I am five feet five and a half and weigh but 108 pounds. I have hollows in my neck and chest. Please tell me what I should measure."

You should weigh 135. Neck, 13. Chest, 31½. Waist, 27. Hips, 38. Thigh, 24. Calf, 14½. Upper arm, 11. Forearm, 9½. Chest raising, swimming and rowing are what you need to develop the chest.

VICHY AND KISSINGEN WATER. M. V. G. writes: Kindly state how many times or how long each exercise should be done. Please tell me more about the Vichy and Kissingen water and will the tablets do just as well? The exercises should be done at least ten minutes a day. Practice the

once you need most and each one until you are very slightly fatigued, but not tired. Keep the exercises tense and rigid during the exercise to get the best results.

I have received a great number of letters from my readers for more information about the Vichy and Kissingen water, and the reason I did not answer your first letter immediately was because I had hundreds of letters before it. Two or three times I have written about these reducing waters, and as some of my readers missed the articles I shall print directions again in full to-day.

These waters act on the fat and not on the blood or bowels and are therefore desirable as reducers. You may also obtain them in tablet form if you cannot get the waters. There is also a granular effervescent salt of each. Vichy and Kissingen water have been tested and found to be all that I say for them. As many stout women crave water, which is practically forbidden in the obesity diet, this treatment is especially attractive to them.

Take a large glass of Vichy about half an hour after each of your three meals on one day and on the following day take a large glass of the Kissingen water in the same manner. On the third day return to the Vichy and on the fourth day to the Kissingen water. After these three days you have obtained the desired results. They have no effect if you do not take both and on alternating days. Do not reduce more than two pounds a week if you would keep healthy. Follow the diet I have given and eat

springing, of course. Kissingen is an antacid saline and Vichy an alkaline. If you do not reduce at least two pounds each week add several teaspoonfuls of lemon juice to the Kissingen to increase the acidity and fifteen drops of aromatic spirits of ammonia to the Vichy.

RECIPE TO STOP DANDRUFF

This Home Made Mixture Stops Dandruff and Falling Hair and Aids Its Growth.

To a half pint of water add:
Bay Rum 1 oz.
Boric Compound a small box
Glycerine 1 oz.

These are all simple ingredients that you can buy from any druggist at very little cost, and mix them yourself. Apply to the scalp once a day for two weeks, then once every other week until all the mixture is used. A half pint should be enough to rid the head of dandruff and kill the dandruff germs. It stops the hair from falling out, and relieves itching and scalp disease.

Although it is not dye, it acts upon the hair roots and will darken streaked, faded, gray hair in ten or fifteen days. It promotes the growth of the hair and makes harsh hair soft and glossy.—Adv.

B. Altman & Co.

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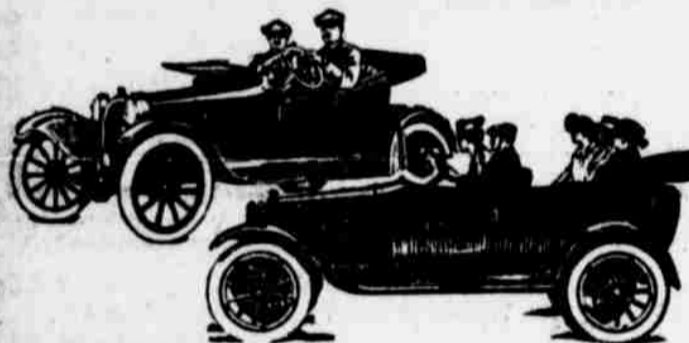
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